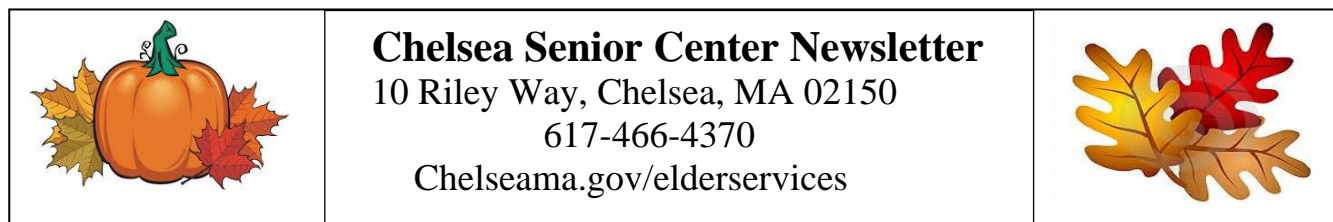


NOVEMBER 2021



Hello everyone!!! We are back in action! The Center has been open for a few months now, and things are finally starting to feel normal. It's great to have everyone back, and we welcome our many new members. Just a reminder... masks are still mandatory when in the senior center.

If you haven't noticed, we have 2 new employees; former maintenance worker Carols Rosado retired, and in his place is Juan Ramos. Juan has settled into his new role, and he is doing a great job. The center is sparkling clean, and with the help of our very own DPW; newly painted, new floors, and more... We are so happy. Our other new hire, since former Program Coord. Marianne Ramos retired; Michael DeJesus has started hitting the ground running. Many new programs are in the works, and we are excited about the future of our beautiful center.

Our Bocce season has come to an end. I'd like to thank the many volunteers and players that participated. It was a great season, and I could not do it without the help of Clara Lander, Maryanne Fiore, Judy Adelizzi, Paul Murphy, Janet and John DiCalogero, Attilio DeGregorio and Nino Bongiovanni. Thank you all for your continued support of the center's Bocce program. Anyone looking to play please call the senior center. It is fun, it is easy to learn and you will have a great time. The 2022 Bocce season starts the beginning of May.

Please get your tickets for the Friendsgiving Party. Space is limited due to Covid practices.

The "flea-market" table is back! Drop in and search for that great find! Donations are kindly appreciated. No books, cloths or bedding will be accepted (sorry).

Come check out our new, beautiful, regulation size pool table!!! Donated by Chelsea's very own Marie and Allan Washington. Such a great gift, for so many of our pool players. Thank you for this generous donation!!!

We are closed November 11th (Veterans Day) & November 25th (Thanksgiving)

Happy Thanksgiving to all...

Tracy Nowicki, Director

HEALTH & FITNESS

SHINE Counseling / Housing application assistance

If you need assistance understanding the housing application process, or need help understanding the health insurance process and the many changes in Medicare/Medicaid, call Geraldine Portillo, Senior Advocate, to help you through it. No walk-ins please. You must schedule an appointment at 617-466-4372.

EXERCISE

“Exhilarating, fun, well worth it, we love the people and instructors; I can’t wait to come back”

That is what people are saying about our Certified Exercise Instructors.

STRONGER SENIORS **Mondays at 9:30 with Sam**

Instructor Sam will help you get more flexible and stronger using light weights.

*This program is funded by a grant through
Mystic Valley Elder Services.*



ZUMBA CLASSES **Dance through exercise, SO FUN!**

- Mondays at 11:30 w/Irene
- Thursdays at 11:00 w/Mandy
- Fridays at 9:30 w/Miguel

*This program is funded by a grant through
Mystic Valley Elder Services.*

YOGA w/VICKI **Wednesdays & Fridays at 10:30**

Provides health benefits you need!
Guided mindful meditation, with
light stretching.

A calm relaxing environment.
It’s exhilarating!

*This program is funded by a grant through
Mystic Valley Elder Services.*



COMBO EXERCISE **Tuesdays @ 10:30 with Miguel**

This is a full body exercise that
targets all areas, strengthens, tones
and provides increased stamina...

*This program is funded by a grant through Mystic
Valley Elder Services.*

COVID VACCINE (Pfizer & J/J) ~or~ BOOSTER **Chelsea Senior Center – 10 Riley Way, Chelsea, MA**

- Mondays – 2:00 – 6:00
- Fridays – 3:00 – 7:00
- Saturdays & Sundays – 10:00 – 5:00

REGISTRATION NOT REQUIRED



WHATS HAPPENING

VETERAN'S BROWN BAG

The Greater Boston Food Bank Program

The Chelsea Veteran's Department hosts monthly grocery distributions for Veterans (1st Wednesday every month). Pickup between 10:00 – 12:00 at the Senior Center. Please sign-up with the City's Veteran's Agent, Francisco Toro at 617-466-4250



SENIOR BROWN BAG

Greater Boston Food Bank Program

FREE non-perishable groceries for Chelsea residents over 60 years of age, proof of residency required (gas, electric or phone bill). Sign-up at the Senior Center. Friday November 12th 8:30 – 11:00 Pick up at the Senior Center.

PARTIES / LUNCHESES / and MORE

FRIENDSGIVING DINNER



Thursday November 18, 2021

Turkey, Mashed Potatoes, Green Beans, Stuffing, Cranberry Sauce, & Apple Pie - \$3.00/ticket - **12:00 – 2:30**

Get your tickets now!!!! (doors open at 11:30)

This program is funded by a grant through Mystic Valley Elder Services.

LUNCHESES

\$1.50 p/p – TBD

This program is funded by a grant through Mystic Valley Elder Services.

BLOOD PRESSURE CLINIC w/Public Health Nurse Paula



Weds. November 10th
10:30 – 11:30

THE BABIES ARE COMING, THE BABIES ARE COMING!!!
Adorable baby animals are making a special visit to the senior center

Weds. Nov. 17, 2021 – 12:00 (sign-up w/senior center)

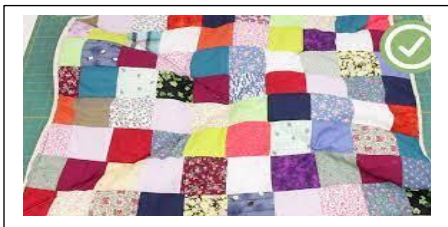
BARN BABIES



If you are interested in helping our senior center obtain goods and services, i.e. small furniture, programs, coffee, supplies for programs, and more.... please consider joining our Friends of the Council on Aging Board (FCOA).
Contact Tracy Nowicki for more details.

RECREATION / SOCIALIZE

Quilt Making w/Bunny and friends
Mondays 9:00 – 12:00 (call for availability)



A timeless gift for family or friends.

There is a fee for this class

Ceramics class w/Instructor Gregg
Wednesdays 9:00 – 11:00



\$2.00 per class or \$5.00 for the week. Make that special gift for a friend, relative or loved one.
Holiday pieces are available too!

BINGO

Tuesdays 1:00 – 3:30



Call to reserve your seat



Men and
Women play

Any skill
level can play

Play pool with a friend.
Monday through Friday

Doors open at 8:00

Make your very own unique piece of jewelry for yourself, a loved one, friends, birthday gifts, Holiday gifts and more... A small fee is required



Thursdays 9:30 – 10:30
Starts November 4th

Tech support with Mikey

Cell phone help, laptops, tablets and more.....
Make an appointment w/Mikey 617-466-4373

AUTUMN



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3 letters

hay
owl
pie
red

4 letters

cool
corn
maze
pear
rake

5 letters

cider
crisp
quilt
socks
spice
trees

6 letters

apples
autumn
colors
leaves
orange
school
season
yellow

7 letters

falling
harvest
pumpkin
sweater

11 letters

wheelbarrow

8 letters

chipmunk
mushroom
orchards
rustling

9 letters

chestnuts
deciduous
pinecones

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